

ALZHEIMER'S AWARENESS MONTH



June is recognized as Alzheimer's and Brain Awareness Month, a period dedicated to raising awareness about Alzheimer's disease and other forms of dementia, and promoting brain health. This month-long initiative aims to educate the public, support those affected, and encourage proactive steps to maintain optimal brain health.

Key aspects of Alzheimer's and Brain Awareness Month:

Raising Awareness:

The month serves as an opportunity to educate the public about Alzheimer's disease, its symptoms, causes, and the impact on individuals and families. [🔗](#)

Promoting Brain Health:

It encourages individuals to adopt healthy lifestyle choices that can help reduce the risk of cognitive decline, such as regular exercise, a balanced diet, and engaging in mentally stimulating activities. [🔗](#)

Supporting Caregivers:

The month acknowledges the challenges faced by caregivers of individuals with dementia and provides resources and support for them. [🔗](#)

Encouraging Early Detection and Intervention:

It emphasizes the importance of recognizing early signs of Alzheimer's and seeking timely medical advice. [🔗](#)



Funding Research and Advocating for Policy:

The month encourages individuals to support research efforts aimed at finding treatments and a cure for Alzheimer's disease and to advocate for policy changes that can improve the lives of those affected. [🔗](#)

World Alzheimer's Month:

It's important to note that World Alzheimer's Month is observed in September, offering another global platform to raise awareness and support. [🔗](#)

June Observances & Fun Facts

June 2025 is Observed as	<ul style="list-style-type: none"> ▶ National Safety Month ▶ Men's Health Month ▶ LGBT Pride Month
June Birthstone	Alexandrite, Pearl, & Moonstone 
Fruit & Veggies for the Month of June	<ul style="list-style-type: none"> ▶ Blueberries ▶ Cherries ▶ Plums ▶ Aprium ▶ Radish ▶ Strawberries ▶ Chinese cabbage ▶ Lychee ▶ Pluot ▶ Okra ▶ Rhubarb
June Flower	Rose 
June Astrological Sign	Gemini (till 20th) & Cancer (21st→)
Proclamations and Notable June Observances	▶ June 8: World Oceans Day